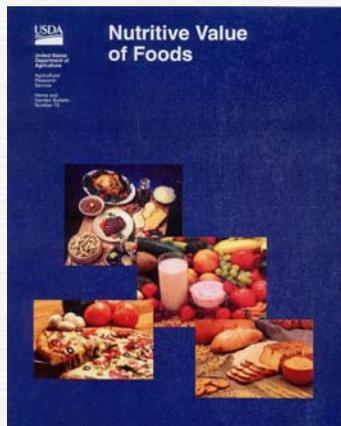




# NUTRITIVE VALUE OF FOODS: A REVISED USDA CONSUMER PUBLICATION



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## Introduction

*Nutritive Value of Foods*, Home and Garden Bulletin 72 (HG72), has been one of the Government Printing Office's best-selling consumer publications. Table 9, Nutritive Value of the Edible Part of Food, is the primary focus of HG72. It contains nutrient data in a consumer-friendly format, based on household measures for 1,274 foods items commonly consumed in the US. The 19 nutrients in the table are water; calories; protein; total fat; saturated, monounsaturated, and polyunsaturated fatty acids; cholesterol; total dietary fiber; calcium; iron; potassium; sodium; vitamin A in IU and RE units; thiamin; riboflavin; niacin; and ascorbic acid. The current revision of HG72 updates the nutrient data with data from the latest release of the USDA National Nutrient Database for Standard Reference, adds and drops foods to reflect the current US food consumption; and adds dietary fiber to the table. HG72 is available in print, on the Internet at [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp), and will be on CD-ROM.

## Abstract

USDA Home and Garden Bulletin 72, *Nutritive Value of Foods* (HG72), has been an important and popular source of food composition data for consumers since its first edition in 1960. The current revision includes many enhancements to the primary table, *Nutritive Value of the Edible Part of Food*. About 300 foods have been added, for a total of over 1200 items. New foods include more popular foods such as low-fat, fat-free, brand-name and fast-food items. Household measures focus on realistic, individual portions, though some measures were selected for ease of calculation. Dietary fiber values were added to the table, replacing phosphorus values. The nutrient data were derived from the USDA Nutrient Database for Standard Reference, Release 13. New tables added to HG72 include *Tips for Estimating Amounts of Food*; *Daily Values*; and *Caffeine Values*. Other tables were revised: *Recommended Daily Dietary Intakes* was updated to incorporate some of the newly revised Dietary Reference Intakes; *Food Sources of Additional Nutrients* was expanded to include vitamin K and phosphorus; *Amount of Fat That Provides 30 Percent of Calories* was modified to include the amount of saturated fat that provides 10 Percent of calories for diets at various total calorie levels. HG72 is a handy educational tool for dietitians and paraprofessionals. In addition, the primary table along with eight additional tables will assist consumers with their food selection and diet evaluation.

Table 9. Nutritive Value of the Edible Part of Food

Table with 19 columns: Food No., Food Description, Measure of edible portion, Weight (g), Water (%), Calories (kcal), Protein (g), Total fat (g), Saturated fat (g), Mono-unsaturated fat (g), Poly-unsaturated fat (g), Cholesterol (mg), Carbohydrate (g), Total dietary fiber (g), Calcium (mg), Iron (mg), Potassium (mg), Sodium (mg), Vitamin A (IU), Vitamin A (RE), Thiamin (mg), Riboflavin (mg), Niacin (mg), Ascorbic acid (mg), Food No.

## Advantages the Revised Edition Offers

- 1. More current nutrient data, based on Nutrient Database for Standard Reference, Release 13.
- 2. New tables to further help consumers with their food choices – *Tips for Estimating Amounts of Food*; *Daily Values*; and *Caffeine Values*.
- 3. Updated tables:
  - Recommended Daily Dietary Intakes – replaced some RDA's with DRI's published through 2000.
  - Food Sources – revised foods listed for each nutrient and added vitamin K and phosphorus food sources.
  - Amount of Fat That Provides 30 and 35 Percent of Calories – replaced 35% calories from fat with 10% calories from saturated fat.
- 4. Reorganized tables and text – explanatory text precedes each table; *Nutritive Value of the Edible Part of Food* is last table, next to index to that table. All results in better flow and reduces need to flip pages.
- 5. Further Information section refers to various Web sites and publications as additional consumer resources.

## Nutritive Value of the Edible Part of Food table

### Over 300 New Foods

Table with 2 columns: Type and Examples. Lists various food types like Low fat, Reduced fat, Fat free, etc. with corresponding examples like Canned soups, ice cream, tortilla chips, waffles, etc.

### Additional Changes

Table with 2 columns: Change and Examples. Lists changes like Added new nutrient, Dropped some foods, Focus on individual portions, etc. with corresponding examples like Replaced phosphorus with dietary fiber, Beef heart, black walnuts, etc.

Table 8. Caffeine Values

Caffeine is a compound found mostly in coffee, tea, cola, cocoa, chocolate, and in foods containing these. Table 8 lists the amounts of caffeine found in these beverages and foods.

Table with 3 columns: Food, Serving size, Caffeine (mg). Lists various beverages and chocolate foods with their respective caffeine content.

Source: U.S. Department of Agriculture, Agricultural Research Service (2000).

### Future Editions:

- Replace more nutrients?
  - < Considering adding vitamin E (alpha-tocopherol), folate (DFE), and zinc.
  - < Considering dropping thiamin, riboflavin, and niacin.
  - < Vitamin A, RAE will replace vitamin A, RE.
- Update nutrient values with new SR data, mostly derived from National Food and Nutrient Analysis Program (NFNAP).
- Nutritive Value of the Edible Part of Food table will be available online for user to download and expand and edit as needed.
- Continue to add and drop foods to reflect market availability.
- Update gram weights for household measures, based on NFNAP data.